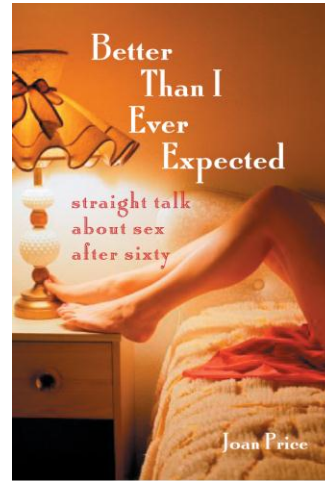


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“Price brings an exercise instructor's upbeat tempo and infectious energy to this empowering and straightforward guide to sex for the older woman. Written for both married and single women, there are lots of practical tips for sparking intimacy inside and outside the bedroom. But it's not all instructional, and the inclusion of real-life experiences is what makes this a fun and engaging read.”—*Kirkus*

January 2006—Seal Press announces the release of *Better Than I Ever Expected: Straight Talk About Sex after Sixty*, by Joan Price.

Ageless sexuality advocate and fitness professional Joan Price's *Better Than I Ever Expected* is a woman-to-woman straight-talking book that transcends the self-help style of other books in this field. It is warm, witty, and honest contending with the challenges and celebrating the delights of older-life sexuality. Yes, there are challenges to sex after menopause and beyond, says Price, but there are also creative solutions. Price gets personal and stays positive, combining her own story with candid comments, tips, and sassy tales from sexually seasoned women. She acknowledges the gritty issues that older women confront in their sexual lives, noting that it's not easy, but it certainly isn't over.

Readers will relish the interviews with sassy, sexy women 60-80 on topics such as getting turned on when some parts don't work like they used to, spicing up a familiar relationship, coping with the dating game, and more. Also included are helpful sidebars filled with candid and friendly sex tips; fitness, exercise, and lifestyle information; and women's erotic vignettes—both real-life experiences and fantasies as well as valuable tips from experts for staying sexy through the decades.

*Better Than I Ever Expected* will inspire women (and men) of all ages who want to have a vibrant, satisfying sex life.

***Better Than I Ever Expected: Straight Talk about Sex after Sixty***  
by Joan Price

Seal Press, an Imprint of Avalon Publishing Group, Inc.

January 2006 \$15.95 / 256 pages

ISBN 1-58005-152-9

Visit Joan's website at <http://www.joanprice.com/>

And her sex and aging blog at <http://www.betterthanieverexpected.blogspot.com>

## **PRAISE FOR *BETTER THAN I EVER EXPECTED***

“By and large, the books carry an optimistic message— that despite age, menopause and wrinkles, women can continue to enjoy sex. 'We are having hot, fabulous sex after sixty,' Ms. Price writes. 'Society's view of aging women as sexless is wrong, wrong, wrong.'”—  
***New York Times***

“Price recognizes the challenges of older sexuality but revels in the rewards. 'We're the Love Generation - we practically invented sex,' she writes. 'We're not about to shut the gates now!'"—New York ***Newsday***

“...an original book that needed to be written ... Joan Price demonstrates the kind of courage rarely shown by writers, particularly on the topic of sexuality.”— \*  
**RebeccasReads.com**

“A long-time fitness guru, Price brings an exercise instructor's upbeat tempo and infectious energy to this empowering and straightforward guide to sex for the older woman. Covering everything from sex after menopause to “how to spice up a long-term relationship,” she celebrates the pleasures of sex, but also confronts age-specific sexual issues head-on. Written for both married and single women, there are lots of practical tips for sparking intimacy inside and outside the bedroom. But it's not all instructional, and the inclusion of real-life experiences is what makes this a fun and engaging read. The author's deeply personal memoir as well as the smattering of candid stories she's collected from “sexually seasoned” women will help the 60+ set re-conceptualize themselves as more sexual beings. Chapters on body-image and fitness play a supporting role by helping teach how to feel more comfortable and confident in their skins. Any older woman who knows sex isn't just for the young will appreciate this fun and frank guide from the self-described “advocate for ageless sexuality.”—***Kirkus***

Old age doesn't have to be dull, at least not according to 'Better Than I Ever Expected: Straight Talk About Sex After Sixty' (Seal Press; \$15.95), the lighthearted, titillating and informative new book by Sebastopol fitness professional, dance instructor and health writer Joan Price. This isn't a stodgy or academically oriented self-help book; it's a bright, witty, let's-get-the-gals-together-and-just-gab look at keeping the home fires burning when some of the parts have shifted or sagged. It's inspiring. It's a bit arousing. And it's definitely worth reading, either by women who refuse to believe their senior years have to be asexual, or by men who want to understand what's happening in an older woman's mind and body, as well as what excites and satisfies her. Price shares her personal experiences along with thoughts and anecdotes from a wide range of older women who revel in their sexuality. The book covers the challenges of post-menopausal love-making together with creative and loving solutions.— ***North Bay Bohemian***